

THE COMMITTEE OF ENVIRONMENTAL SERVICES AND SOCIETY DEVELOPMENT

Faculty of Physical Therapy
Heliopolis University for Sustainable
Development



13 Villages Project



Occupational Health and Safety



Work Station in Farm

Farm work is hard work, and farm workers feel the results. Farm workers get backaches and pains in the shoulders, arms, and hands more than any other health problem. A third of the injuries that cause them to miss work are sprains and strains, and a quarter are back injuries. These are also the most common causes of disability.



Work Station in Farm



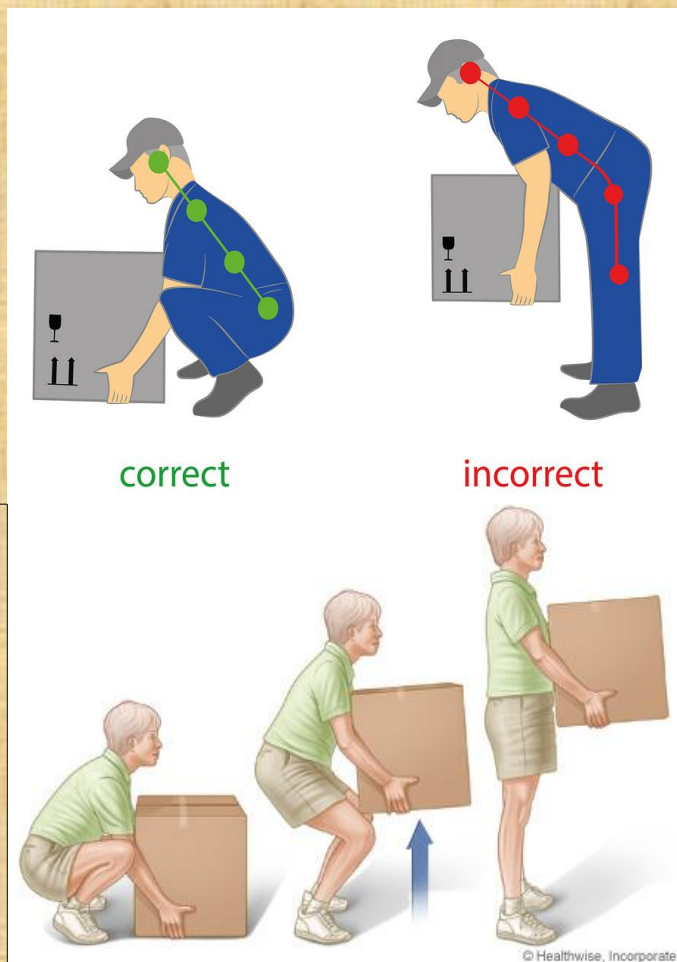
Back and Joints Pain

- Among farmers, this condition may occur because the joints are overstressed by lifting heavy weights and/or repetitive loading, or due to improper posture.





How to overcome this?



Office Work Station



Office Work Station Hazards



How to overcome this?





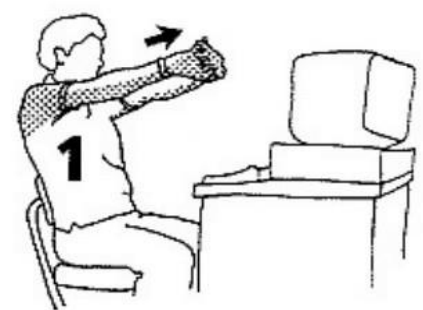
1.
Eyes to
Source

2. Hands to
Input Device

3.
Body to
Chair

4.
Feet to
Floor





10-20 seconds
2 times



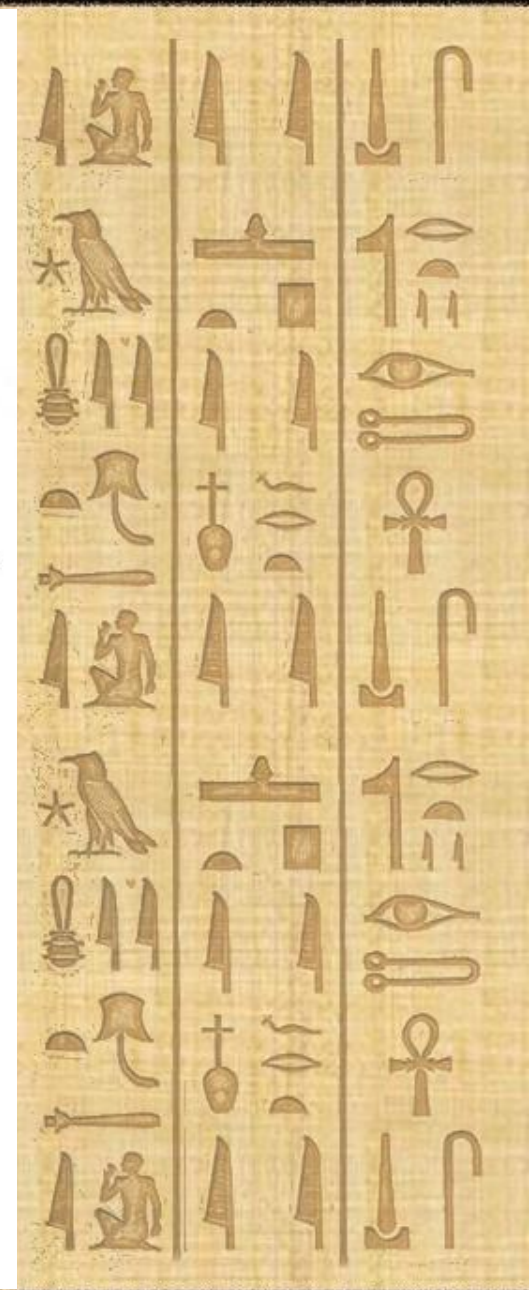
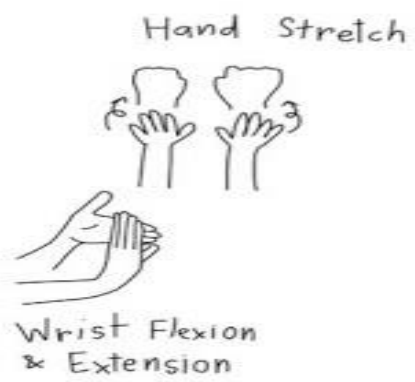
10-15 seconds



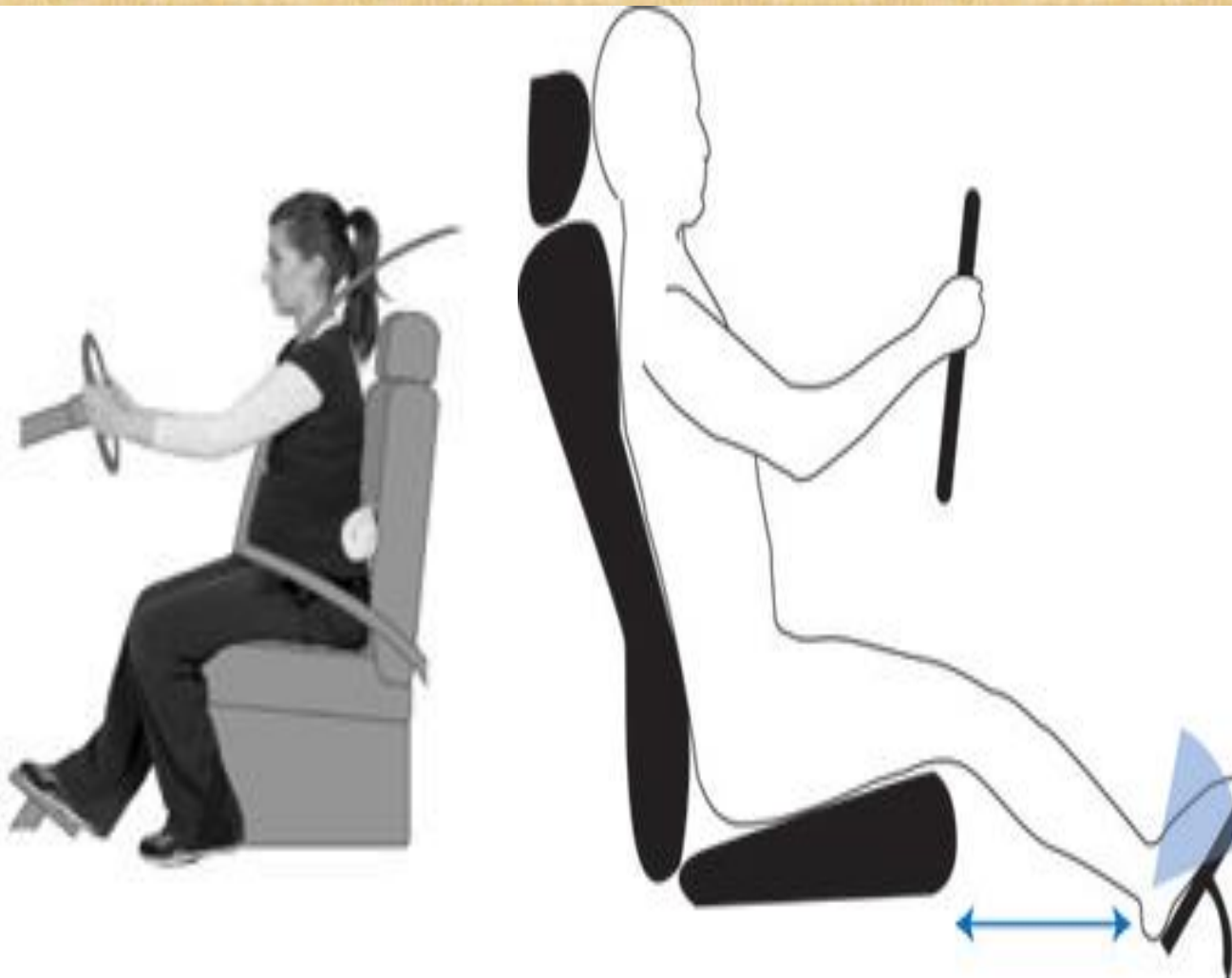
8-10 seconds
each side



15-20 seconds



Driving Work Station



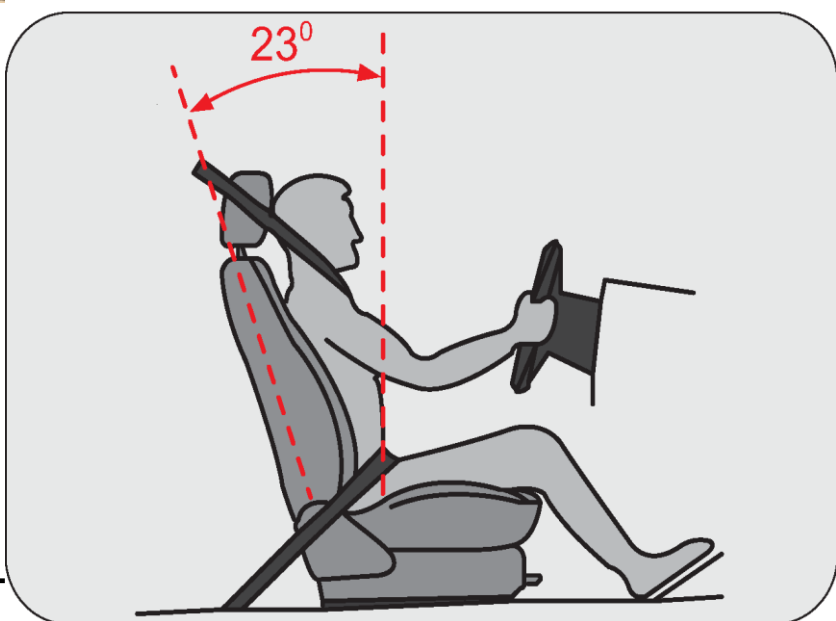
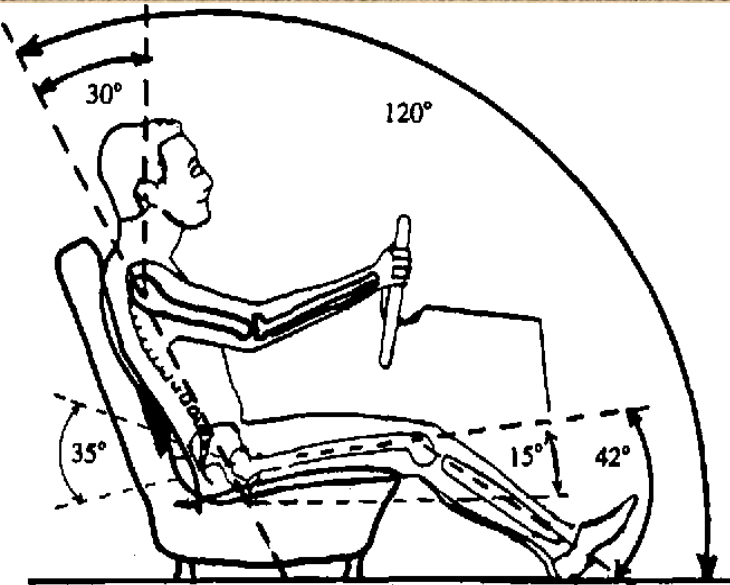
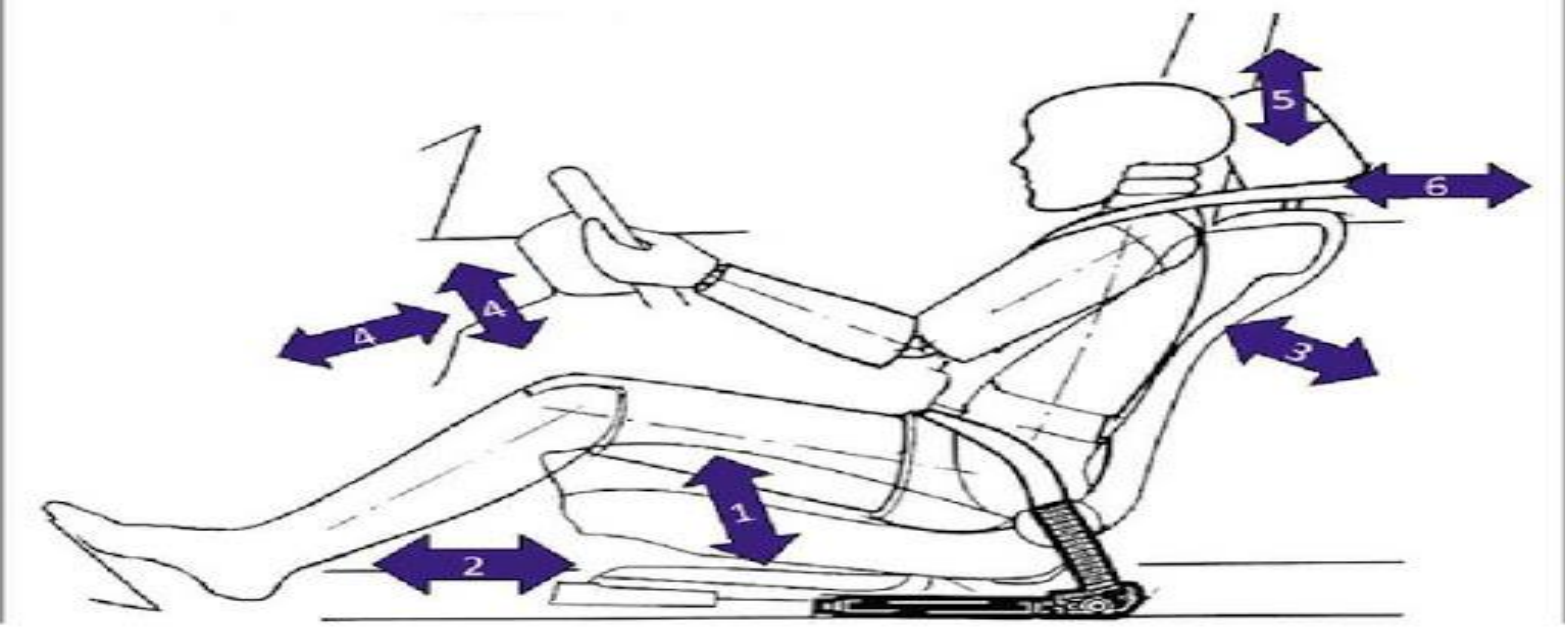
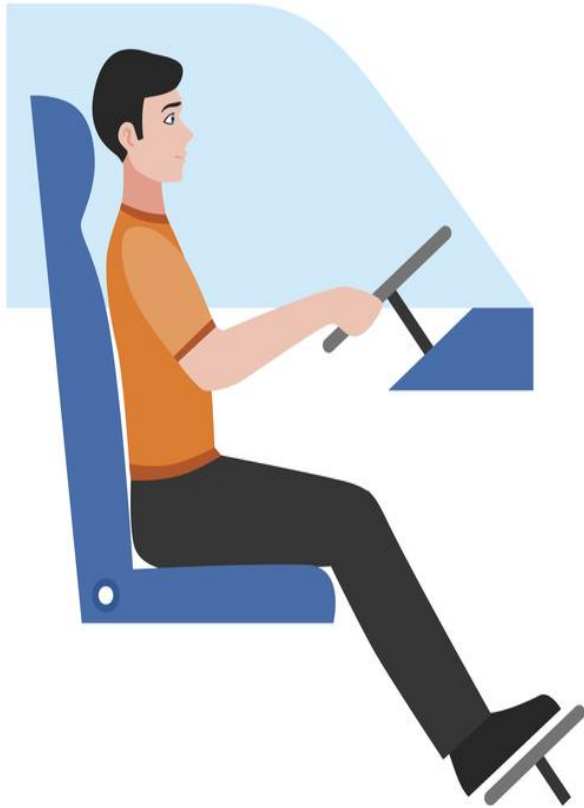


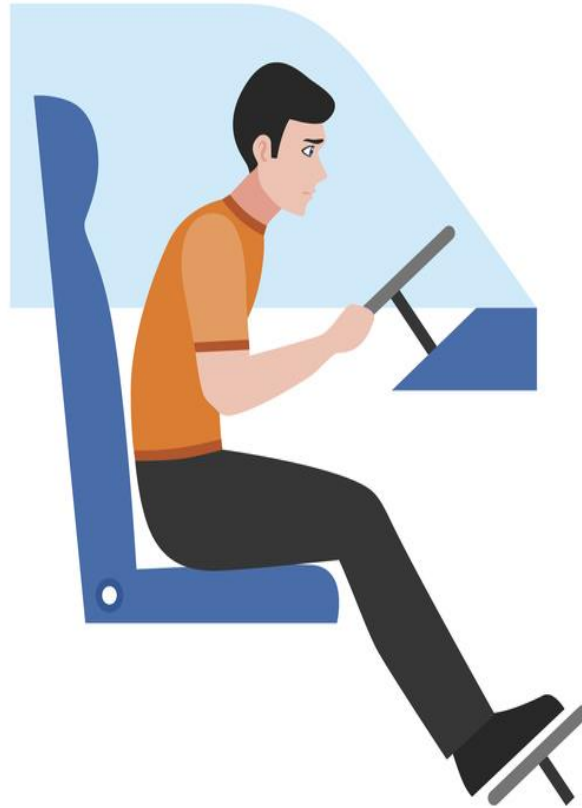
Fig. 0 Ideal Posture angle of 120° shoulder, 30° head back



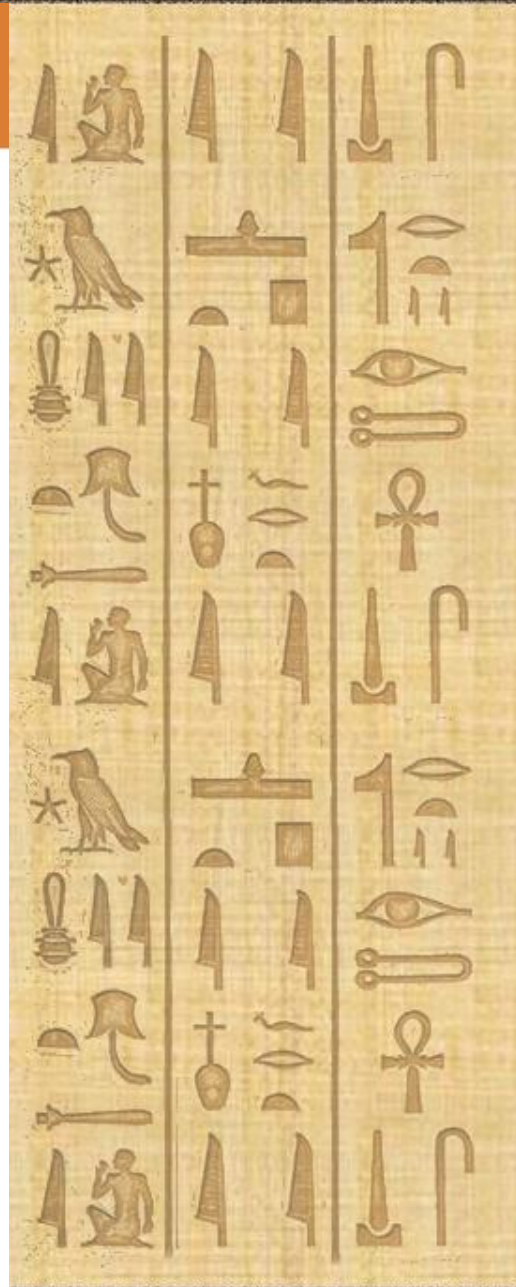
IMPROVE YOUR DRIVER POSTURE



CORRECT ✓



INCORRECT ✗



Sewing Work Station



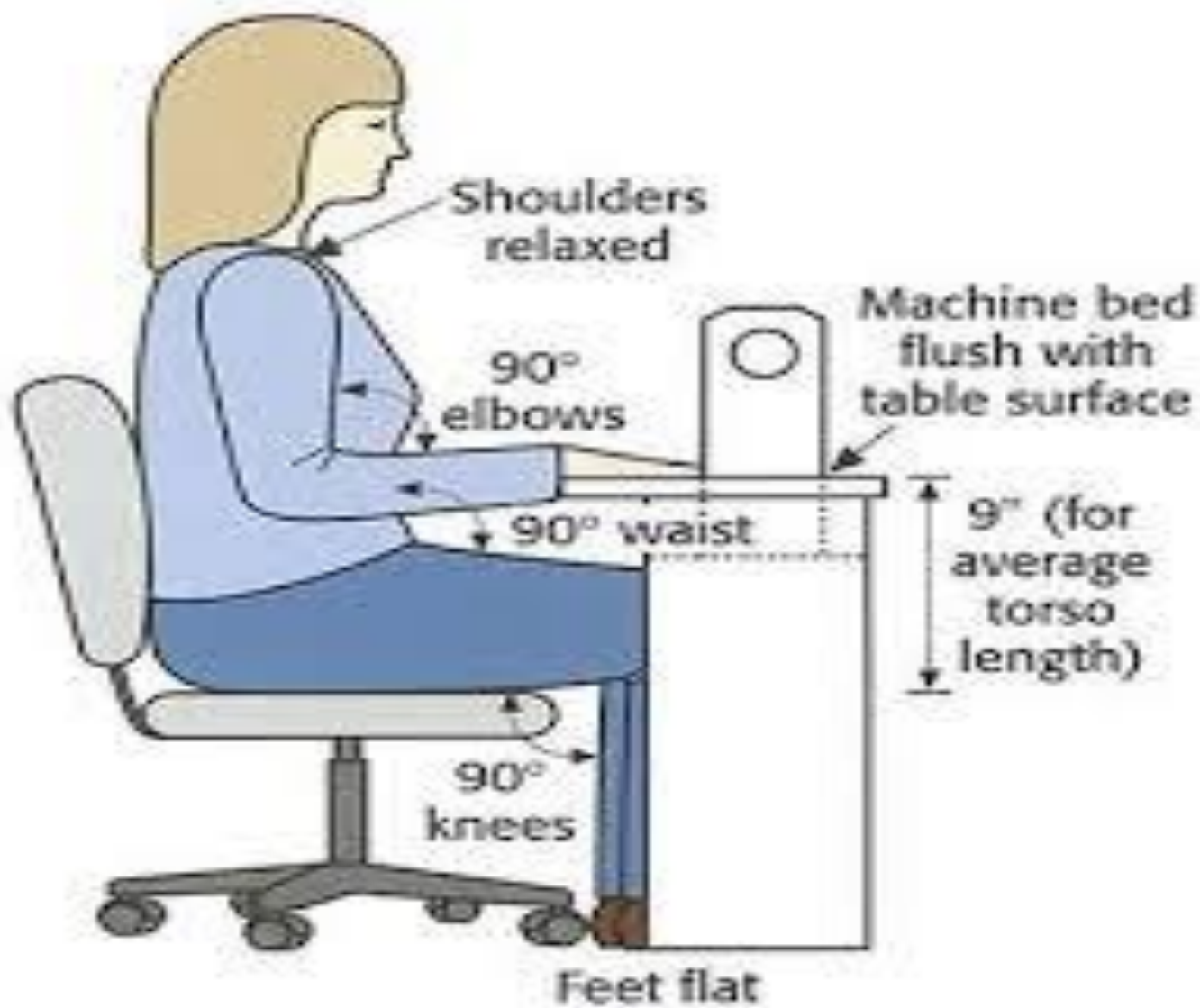
forearms level

knee angle
 90° - 110°

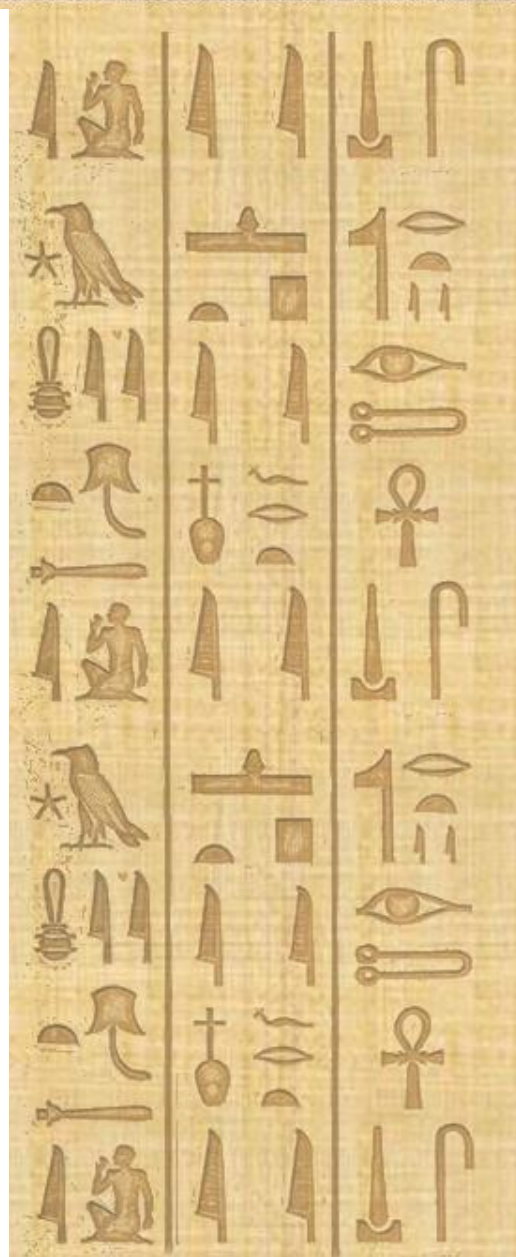
seat angle
 90° - 110°

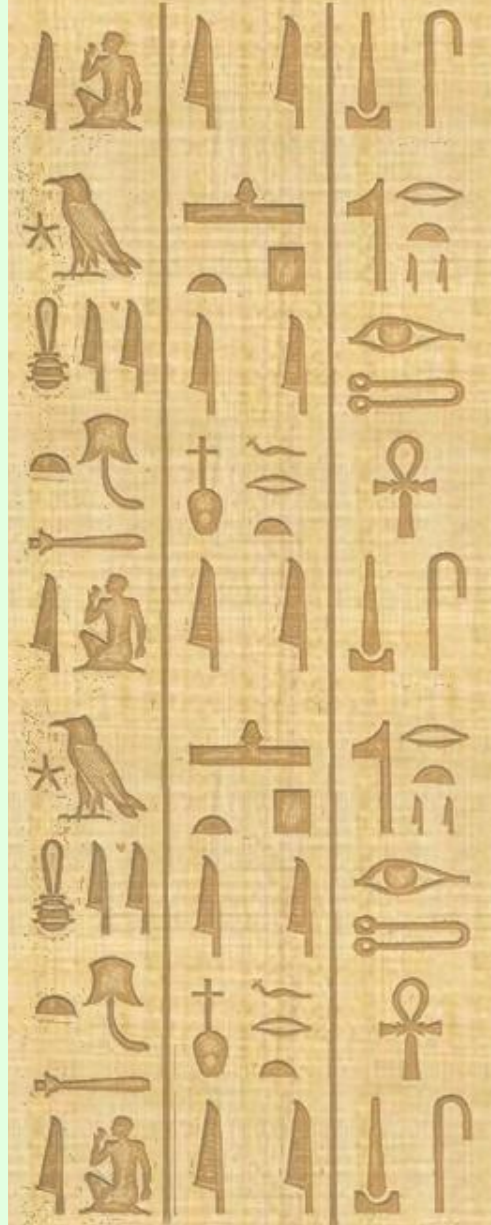


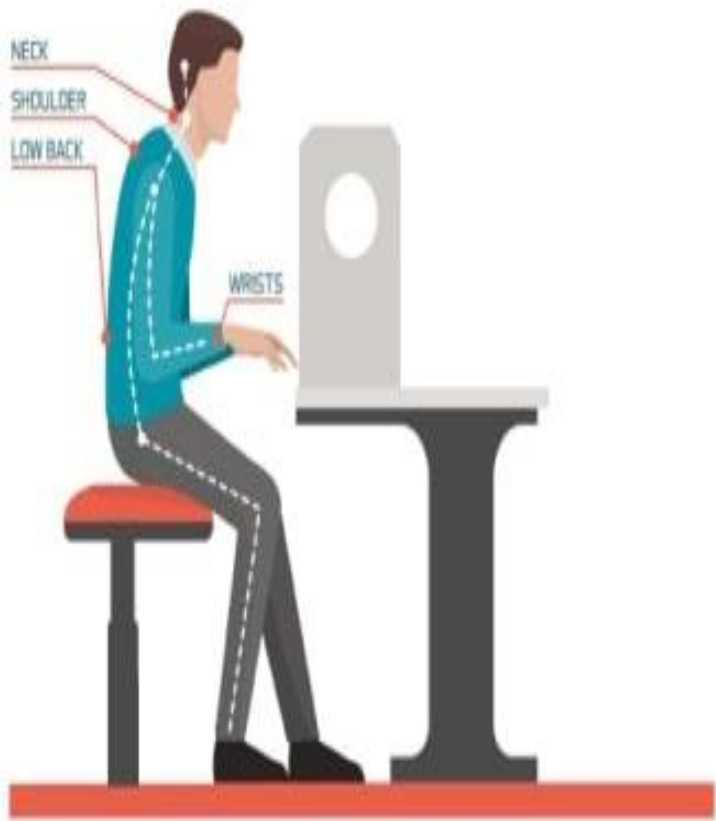




Ergonomics of machine sewing







NECK
SHOULDER
LOW BACK

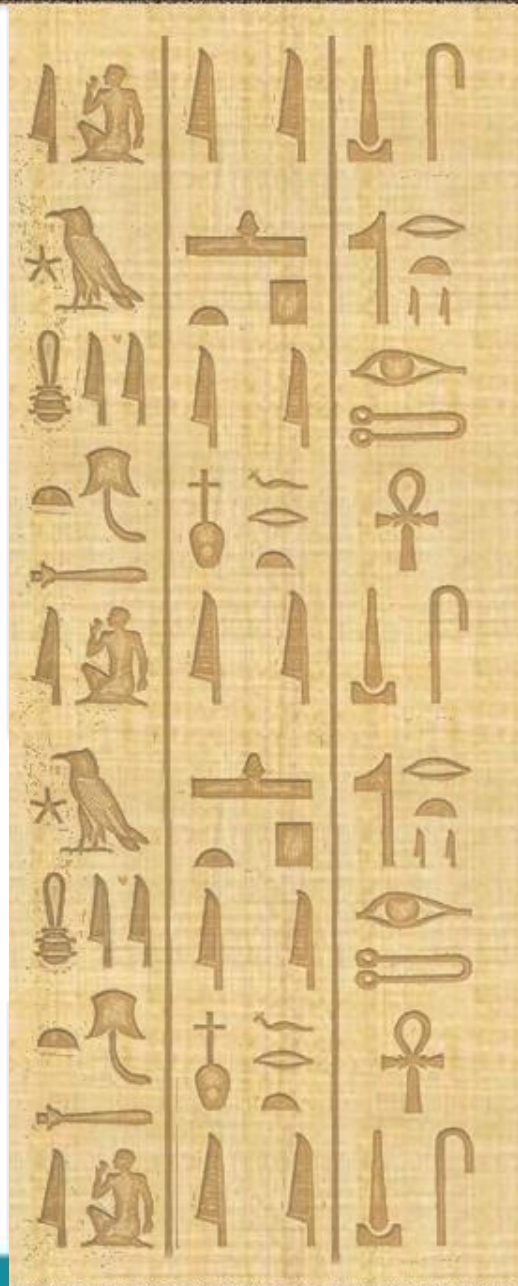
WRISTS



WRONG SITTING POSTURE



CORRECT SITTING POSITION



Thank You

